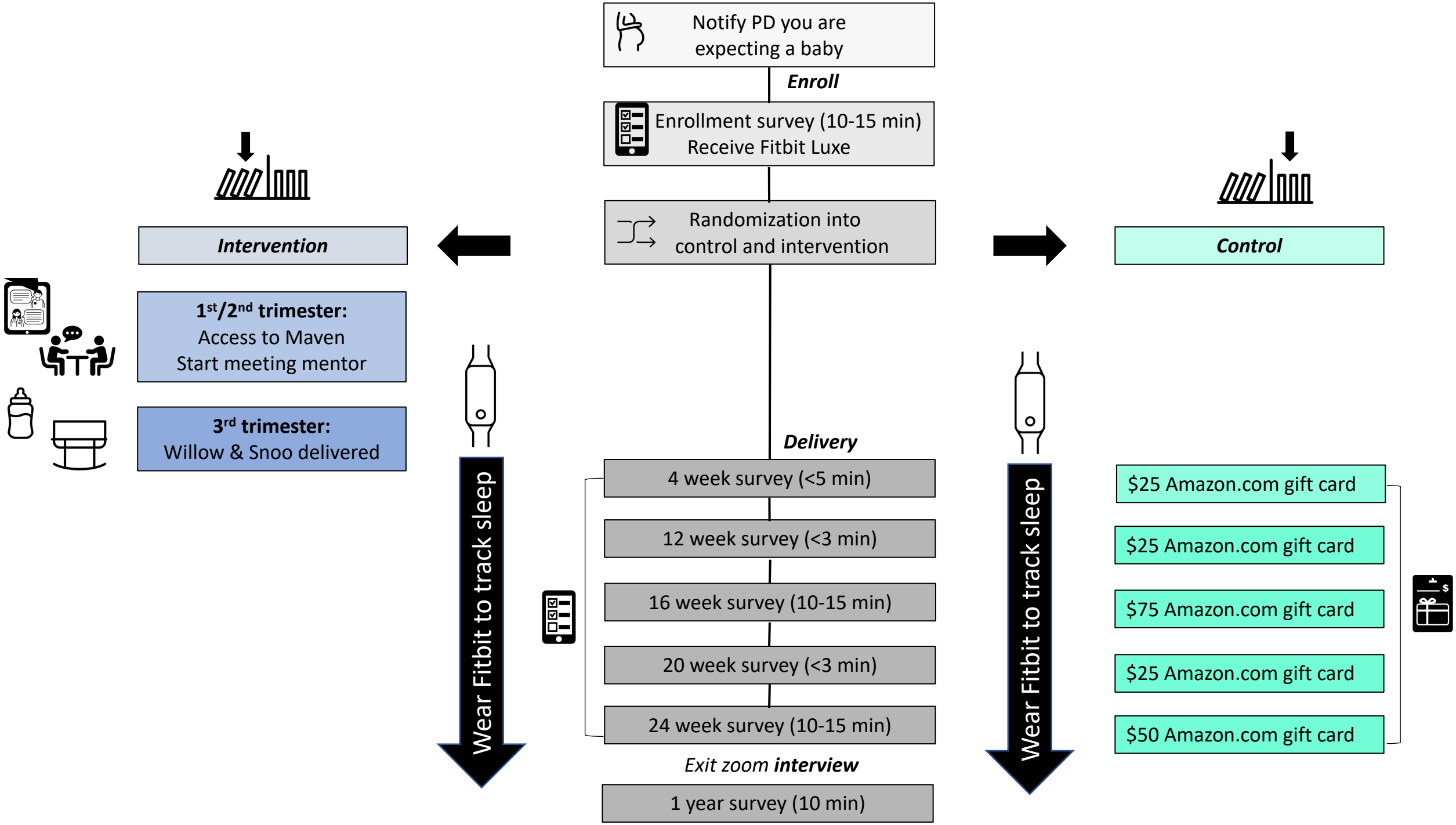
Notify PD you are expecting a baby
Enroll
Enrollment survey (10-15 min)
Receive Fitbit Luxe
Randomization into control and intervention
Intervention
1st/2nd trimester:
Access to Maven
Start meeting mentor
3rd trimester:
Willow & Snoo delivered
Wear Fitbit to track sleep
Control
Wear Fitbit to track sleep
Delivery
4 week survey (<5 min)
12 week survey (<3 min)
16 week survey (10-15 min)
20 week survey (<3 min)
24 week survey (10-15 min)
Exit zoom interview
1 year survey (10 min)
$25 Amazon.com gift card
$25 Amazon.com gift card
$75 Amazon.com gift card
$25 Amazon.com gift card
$50 Amazon.com gift card